

# SEPARATION, DIVORCE AND BEREAVEMENT

## Recovery Seminar

**6 WEEKS - STARTS TUES 5<sup>TH</sup> OF  
OCTOBER 7.30PM**

Shock, betrayal, anger, loss, rejection, loneliness, fear, guilt...

Would some of these words describe you? or Would you like to understand what another person is going through?

These feelings along with an assortment of others may describe how people feel when they face separation in a marriage or significant relationship. Bereavement, the passing of a significant person, can also be a life shattering experience. This seminar that runs over 6 six sessions weekly, may help you to "go through" or "grow through" these difficult life seasons in a caring and supportive environment.

*session content covered*

- *grieving process*
- *anxiety*
- *anger*
- *loneliness*
- *forgiveness*
- *rebuilding self-esteem*

To register for the seminar contact the Church office by email [theoffice@sydenhambaptist.com.au](mailto:theoffice@sydenhambaptist.com.au)